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BLUE LAKE CENTRE

Recreation Leadership Programs

Winter 1987/88



Alberta
RECREATION AND PARKS

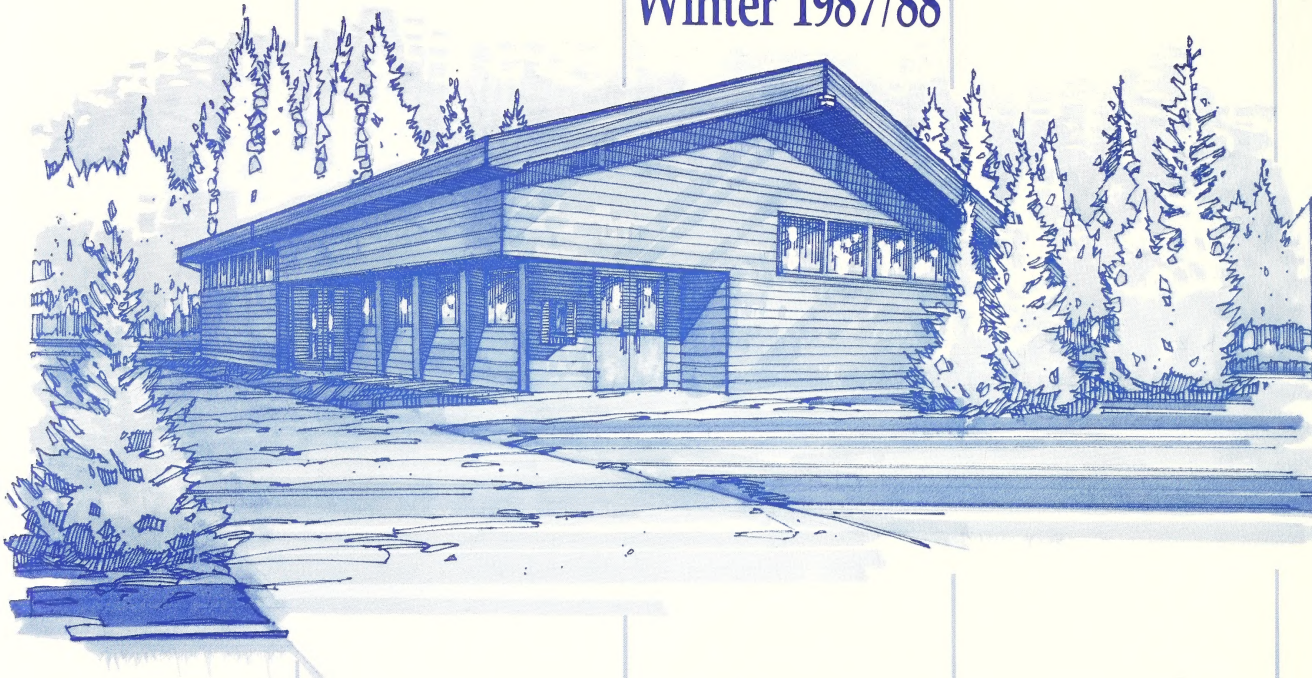
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BLUE LAKE CENTRE

Recreation Leadership Programs

Winter 1987/88



Blue Lake Centre
P.O. Box 850
Hinton, Alberta
T0E 1B0
Phone: 865-4741

Or call Blue Lake at no
charge by dialing the
Government of Alberta
Rite No. in your area
and ask for 132-0111.



ALBERTA BLUE LAKE CENTRE

The Blue Lake Centre was opened in 1971 with a mandate to focus on the development of outdoor leaders. During the last 15 years the centre has played a major role in the development of outdoor recreation and outdoor education programs across Alberta through the efforts of the more than 25,000 individuals who have taken courses at the Centre.

The success of the Blue Lake Centre thrust with outdoor leaders has led to the broadening of the Centre's mandate. Effective April 1, 1986, the Centre began a three year transition that will see the development of a number of new emphasis areas. The new areas will include Volunteer Development, Leadership Development and Athlete Development.

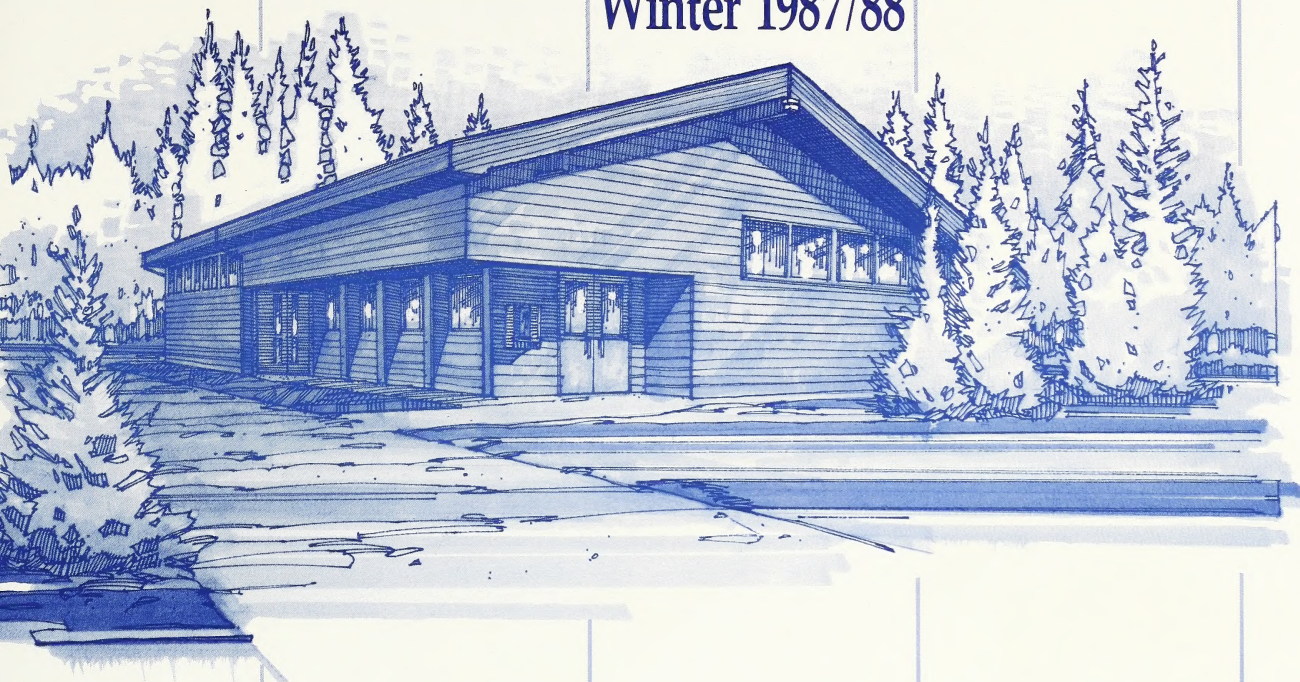
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Blue Lake Centre calendars
and additional application
forms are available from the
following address:

BLUE LAKE CENTRE
P.O. Box 850
Hinton, Alberta T0E 1B0
Phone: 865-4741

Volunteer Leadership
Development Section
Standard Life Centre
10405 Jasper Ave.
Edmonton, Alberta T5J 3N4
Phone: 427-6562

HOW TO REGISTER

To ensure prompt handling of your application, please read the following information carefully!

1. Complete all white blanks.
2. A separate course application form must be filled out for each course to which you are applying.
3. No group applications are accepted. Each applicant must apply individually.
4. No telephone reservations are accepted.
5. Applications are processed in the order they are received. Blue Lake Centre reserves the right of selection.
6. In the event of an over-subscribed course, priority is given to applicants sponsored by a community recreation office, a recreation agency or association, or an education authority. (The signature and title of a sponsor must be included on the application form for priority to be given.)
7. Applicants can request to be placed on a waiting list in the event the course to which they are applying is full. If both the course and wait list are full, your registration will be returned immediately if you use the course registration envelope.
8. Written notice of cancellation must be received by Blue Lake Centre at least 14 days before a course begins in order to obtain a refund. This allows the Centre time to offer the vacant space to the first person on the waiting list. Your refund will take 6 to 8 weeks from the date it is received in this office.
9. Blue Lake Centre does not accept requests for transfers. To change a course registration, you must cancel your booking and apply for a new course.
10. Blue Lake Centre reserves the right to cancel courses for:
(i) weather conditions that affect program potential; (ii) insufficient registration. In the event the course is cancelled you will receive a refund from the Provincial Treasurer.
11. Applications must be received by Blue Lake Centre at least 14 days prior to the start of a course and not more than 8 weeks prior to the start of a course. Please see chronological listing of courses.
12. Fees must be included with your application. Please use a certified cheque or money order made **payable to the Provincial Treasurer of Alberta**. You may also use your Visa or Mastercard to pay for courses. Simply fill in your Visa or Mastercard number and expiry date on your application. In the event of a refund you will be credited via your Visa or Mastercard account.
13. Some courses carry a nominal examination fee levied by the association governing the activity. You will be informed in advance of any such fee. This fee should be made payable to the association and will be collected by the instructor the first day of the course.
14. Be sure you are qualified for the course you are taking! **All instructors and resource personnel have the authority to expel inadequately equipped or unqualified candidates without a refund.**

You will receive a letter from Blue Lake Centre confirming your position in the requested course. Additional application forms are available from Blue Lake Centre, the Volunteer Leadership Development Section of Alberta Recreation and Parks, or any regional recreation office.

CHRONOLOGICAL LISTING OF COURSES

REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME	REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME
CLOSED COURSE	November 20-22 Friday thru Sunday	924 Youth Leadership Seminar Section #1 Part #2 (CLOSED)	CLOSED COURSE	December 29-31 Tuesday thru Thursday	926 Biathlon Provincial Camp (CLOSED)
CLOSED COURSE	November 27-29 Friday thru Sunday	925 Youth Leadership Seminar Section #2 Part #2 (CLOSED)	Monday November 16	January 9-10 Saturday, Sunday	115 X-C Ski I Introductory
					116 X-C Ski III CANSI Prep
					117 Basic Winter Survival Skills
					118 Avalanche Safety I
					119 Group Relations I
Tuesday October 13	December 5-6 Saturday, Sunday	100 X-C Ski I Introductory	Monday November 23	January 16-17 Saturday, Sunday	120 X-C Ski II Intermediate
		101 X-C Ski II Intermediate			121 X-C Ski III Advanced Technique
		102 X-C Ski III Advanced Technique			122 CSA Tour Leader I Certification (1st wknd) (2nd wknd January 30-31)
		103 Winter Camping on Snowshoes			123 CANSI Level I Instructor
		104 Time Manage- ment/Short and Long Term Planning			124 Marketing/ Financial Management
Monday October 19	December 12-13 Saturday, Sunday	105 X-C Ski I Introductory	Monday November 30	January 23-24 Saturday, Sunday	125 X-C Ski I Introductory
		106 X-C Ski II Intermediate			126 X-C Ski III CANSI Prep
		107 X-C Ski III CANSI Prep			127 X-C Ski Touring I
		108 X-C Ski Touring I			128 Nature Photography I
		109 Communica- tion Skills I			129 Legal Liability in Outdoor Recreation
Monday October 26	December 19-20 Saturday, Sunday	110 X-C Ski I Introductory			130 Leadership Assessment I
		111 X-C Ski II Intermediate			
		112 X-C Ski III Advanced Technique			
		113 Ski Orienteering			
		114 CANSI Level I Instructor			

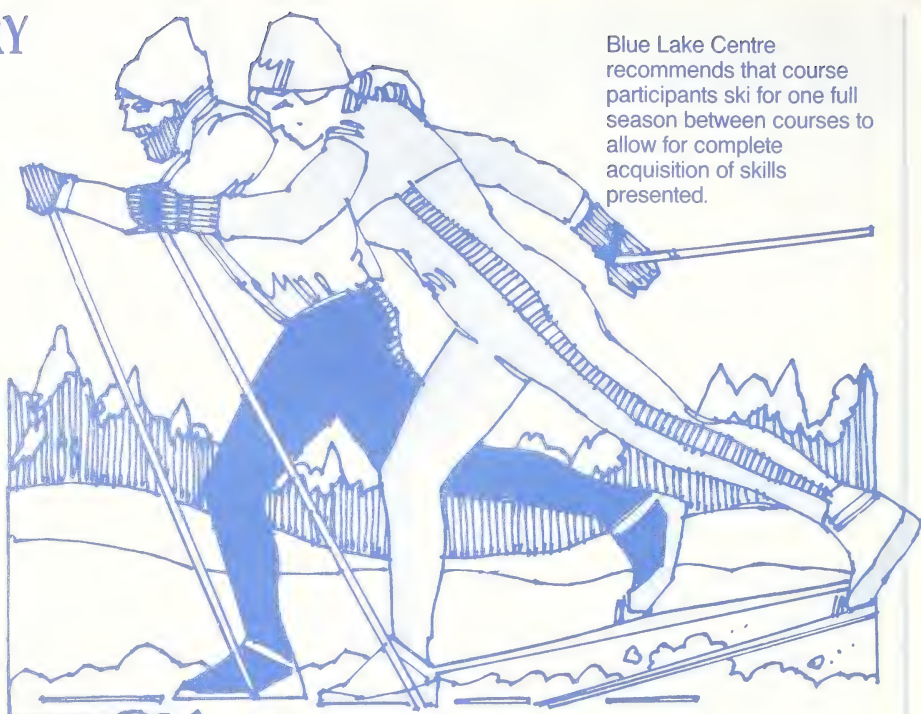
REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME	REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME
Wednesday December 2	January 27-28 Wednesday, Thursday	131 X-C Ski I Introductory 132 X-C Ski II Intermediate	Friday December 11	February 5-7 Friday thru Sunday	141 Athletic First Aid and CPR Certification
Wednesday December 2	January 27-31 Wednesday thru Sunday	133 CANSI Level II Instructor	Monday December 14	February 6-7 Saturday, Sunday	142 X-C Ski I Introductory 143 X-C Ski III CANSI Prep 144 X-C Ski Touring I 145 Basic Winter Survival Skills
Thursday December 3	January 28-31 Thursday thru Sunday	134 Winter Survival	Wednesday December 16	February 10-14 Wednesday thru Sunday	146 Avalanche Safety II
Monday December 7	January 30-31 Saturday, Sunday	135 X-C Ski II Intermediate 136 X-C Ski III Advanced Technique 122 CSA Tour Leader I Certification (2nd wknd) (1st wknd January 16-17) 137 Teaching Techniques in Outdoor Studies I	Thursday December 17	February 11-12 Thursday, Friday	147 X-C Ski I Introductory 148 X-C Ski II Intermediate 149 X-C Ski III Advanced Technique
Wednesday December 9	February 3-4 Wednesday, Thursday	138 X-C Ski I Introductory 139 X-C Ski II Intermediate	Thursday December 17	February 11-14 Thursday thru Sunday	150 Wilderness First Aid and CPR Certification
CLOSED COURSE	February 3-5 Wednesday thru Friday	190 Summer Leadership Training Workshop (CLOSED)	Monday December 21	February 13-14 Saturday, Sunday	151 X-C Ski II Intermediate 152 CANSI Level I Instructor 153 Winter Camping on Snowshoes 154 CSA Tour Leader I Certification (1st wknd) (2nd wknd February 27-28)
CLOSED COURSE	February 3-5 Wednesday thru Friday	191 Alberta Vocational Centre Survival Workshop (CLOSED)	CLOSED COURSE	February 15-19 Monday thru Friday	192 YREC/GMCC Outdoor Leadership Workshop (CLOSED)
Wednesday December 9	February 3-7 Wednesday thru Sunday	140 CSA Tour Leader II Certification	Wednesday December 23	February 17-18 Wednesday, Thursday	155 X-C Ski II Intermediate 156 X-C Ski III CANSI Prep

REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME	REGISTRATION OPENING	COURSE DATE	COURSE NUMBER AND NAME
Tuesday December 29	February 19-21 Friday thru Sunday	157 Nature Photography II	Thursday January 7	March 3-6 Thursday thru Sunday	172 Wilderness First Aid and CPR Certification
Tuesday December 29	February 20-21 Saturday, Sunday	158 X-C Ski I Introductory 159 X-C Ski Touring I 160 Avalanche Safety I 161 Teaching Techniques in Outdoor Studies I 162 Communica- tion Skills I	Friday January 8	March 4-6 Friday thru Sunday	173 Winter Navigation
Wednesday December 30	February 24-25 Wednesday, Thursday	163 X-C Ski I Introductory 164 X-C Ski II Intermediate	Monday January 11	March 5-6 Saturday, Sunday	174 X-C Ski I Introductory 175 X-C Ski III CANSI Prep 176 X-C Ski Touring I 177 Group Relations I
Monday January 4	February 27-28 Saturday, Sunday	165 X-C Ski II Intermediate 166 X-C Ski III Advanced Technique 167 X-C Ski Touring II 168 Avalanche Rescue 154 CSA Tour Leader I Certification (2nd wknd) (1st wknd February 13-14) 169 Living Things in Winter	Monday January 18	March 12-13 Saturday, Sunday	178 Leadership/ Volunteers Working Together 179 Major Event Planning 180 Initiative Tasks Programming 181 Communica- tion Skills II 182 Nature Photography I
Wednesday January 6	March 2-3 Wednesday, Thursday	170 X-C Ski I Introductory 171 X-C Ski II Intermediate	Monday January 25	March 19-20 Saturday, Sunday	183 Night Sky Interpretive Skills 184 Learning Methods I 185 Program Skills I 186 Teaching Techniques in Outdoor Studies II 187 Leadership Assessment I

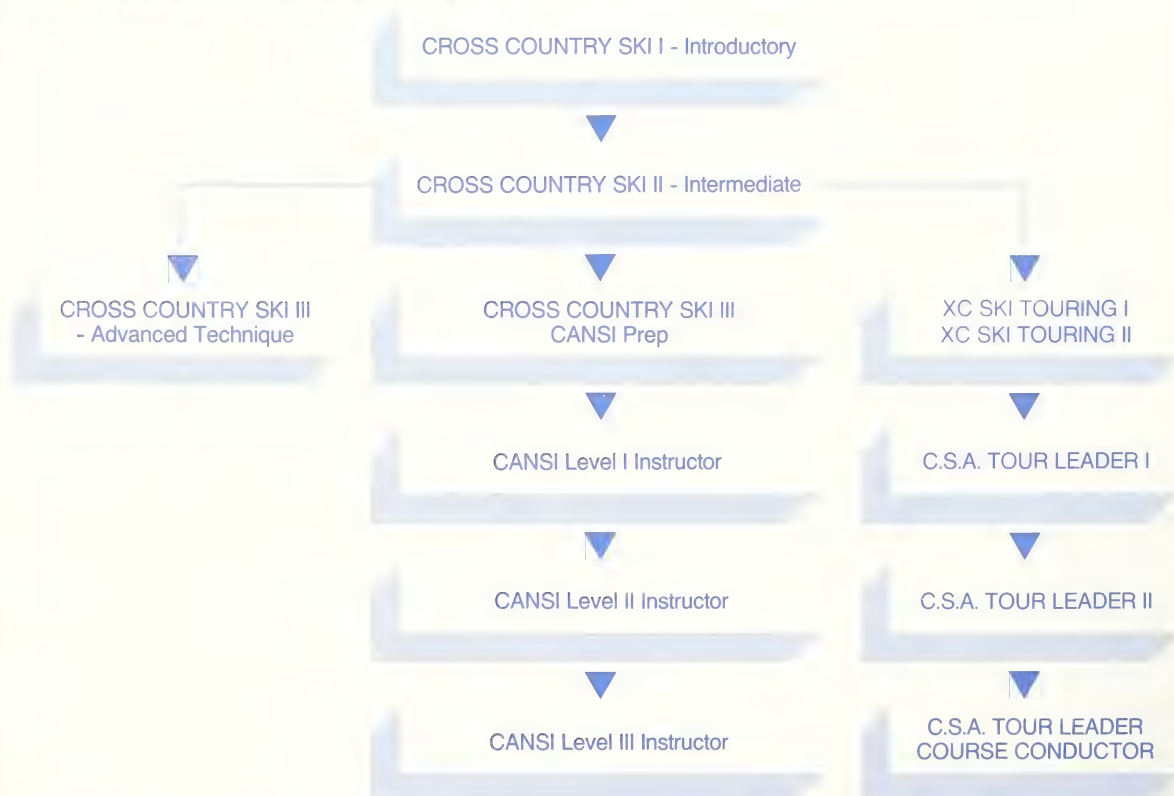
CROSS-COUNTRY SKIING

A full spectrum of cross-country skiing courses are offered at Blue Lake Centre. These courses range from two day novice courses to week long instructor and tour leader courses offered in conjunction with the Canadian Association of Nordic Ski Instructors and the Canadian Ski Association respectively. An individual can progress through the many levels of courses to achieve the various technical skills and certifications required by most teaching centres.

Blue Lake Centre recommends that course participants ski for one full season between courses to allow for complete acquisition of skills presented.



FLOW CHART - THE CROSS-COUNTRY SKI CURRICULUM



CROSS-COUNTRY SKI I - INTRODUCTORY

This 15-hour introductory course to cross-country skiing skills on flat, uphill and downhill terrain, in light touring equipment, is designed for the day skier.

Practical:

Equipment fitting, basic and intermediate lateral manoeuvres on the flat, basic and intermediate uphill and downhill techniques, and day touring.

Theory:

Covers waxing techniques, equipment and clothing selections, ski areas, ski associations, and trail etiquette for light touring day skiers.

Prerequisites:

No previous experience on skis or knowledge of skiing is necessary.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING	COURSE NUMBER	COURSE DATES
Tuesday, Oct. 13	100	Dec. 5 - 6 Saturday, Sunday
Monday, Oct. 19	105	Dec. 12 - 13 Saturday, Sunday
Monday, Oct. 26	110	Dec. 19 - 20 Saturday, Sunday
Monday, Nov. 16	115	Jan. 9 - 10 Saturday, Sunday
Monday, Nov. 30	125	Jan. 23 - 24 Saturday, Sunday
Wednesday, Dec. 2	131	Jan. 27 - 28 Wednesday, Thursday
Wednesday, Dec. 9	138	Feb. 3 - 4 Wednesday, Thursday
Monday, Dec. 14	142	February 6 - 7 Saturday, Sunday
Thursday, Dec. 17	147	Feb. 11 - 12 Thursday, Friday
Tuesday, Dec. 29	158	Feb. 20 - 21 Saturday, Sunday
Wednesday, Dec. 30	163	Feb. 24 - 25 Wednesday, Thursday
Wednesday, Jan. 6	170	Mar. 2 - 3 Wednesday, Thursday
Monday, Jan. 11	174	Mar. 5 - 6 Saturday, Sunday

CROSS-COUNTRY SKI II - INTERMEDIATE

This is a 15-hour intermediate course to improve skiing techniques and broaden the individual's knowledge about ski touring and ski racing.

Practical:

Review of fundamental techniques; introduction to intermediate lateral, uphill and downhill techniques and proper use of techniques over varied trails.

Theory:

Covers ski touring hazards and emergency procedures, touring equipment, minimum impact ski touring, route and trip planning, ski construction and speed waxing, ski racing techniques — organization and training.

Prerequisites:

Students should have satisfactorily completed Cross-country Ski-Level I and/or possess a good working expertise of basic and intermediate skills including diagonal stride, double-poling, herringbone, traverse, kick turn and snowplow turn. It is recommended that students be in good physical condition.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING	COURSE NUMBER	COURSE DATES
Tuesday, Oct. 13	101	Dec. 5 - 6 Saturday, Sunday
Monday, Oct. 19	106	Dec. 12 - 13 Saturday, Sunday
Monday, Oct. 26	111	Dec. 19 - 20 Saturday, Sunday
Monday, Nov. 23	121	Jan. 16 - 17 Saturday, Sunday
Wednesday, Dec. 2	132	Jan. 27 - 28 Wednesday, Thursday
Monday, Dec. 7	135	Jan. 30 - 31 Saturday, Sunday
Wednesday, Dec. 9	139	Feb. 3 - 4 Wednesday, Thursday
Thursday, Dec. 17	148	Feb. 11 - 12 Thursday, Friday
Monday, Dec. 21	151	Feb. 13 - 14 Saturday, Sunday
Wednesday, Dec. 23	155	Feb. 17 - 18 Wednesday, Thursday
Wednesday, Dec. 30	164	Feb. 24 - 25 Wednesday, Thursday
Monday, Jan. 4	165	Feb. 27 - 28 Saturday, Sunday
Wednesday, Jan. 6	171	Mar. 2 - 3 Wednesday, Thursday

CROSS-COUNTRY SKI III - ADVANCED TECHNIQUE

This is a 15-hour advanced skiing course which will cover many of the advanced cross country skiing skills. The emphasis will be placed on individual instructions to bring the participants skiing level up to the advanced level.

Practical:

The review and refinement of fundamental and intermediate techniques. The introduction of the following advanced skills: three step diagonal, stride turn, elementary and parallel christie, and telemark turn progressions.

Theory:

Covers skill analysis, detection and correction and advanced waxing techniques.

Prerequisites:

Students should have satisfactorily completed Cross-country Ski-Level II and/or possess a good working expertise of skills including diagonal stride, double-poling, one step double-poling, stride turn, uphill diagonal, snowplow and snowplow turn, glide christie, skate turns, and sidestep traverse. Students must be in good physical condition.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Tuesday, Oct. 13
Monday, Oct. 26
Monday, Nov. 23
Monday, Dec. 7
Thursday, Dec. 17
Monday, Jan. 4

102
112
121
136
149
166

Dec. 5 - 6 Saturday, Sunday
Dec. 19 - 20 Saturday, Sunday
Jan. 16 - 17 Saturday, Sunday
Jan. 30 - 31 Saturday, Sunday
Feb. 11 - 12 Thursday, Friday
Feb. 27 - 28 Saturday, Sunday

CROSS-COUNTRY SKI III - C.A.N.S.I. PREP

This is a 15-hour instructor preparation course to polish basic and intermediate techniques and demonstrate instructional methods for the CANSI Level I Instructor course.

Practical:

The review and refinement of fundamental techniques, introduction of instructional methods in cross-country skiing, practice teaching, and detection and correction of errors in technique. Advanced lateral and hill manoeuvres will be introduced.

Theory:

Covers course organization, instruction techniques, detection and correction

based on biomechanical principles and student lectures.

Prerequisites:

Students should have successfully completed Cross-country Ski-Level II and/or possess a good working expertise of skills including diagonal stride, double-poling, one step double-poling, stride turn, three step diagonal, uphill diagonal, snowplow and snowplow turn, glide and elementary christie, skate

turns and sidestep traverse; have a working knowledge of parallel christie and telemark turn progressions. Students must be in good physical condition and be prepared for two strenuous days of skiing.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Oct. 19
Monday, Nov. 16
Monday, Nov. 30
Monday, Dec. 14
Wednesday, Dec. 23
Monday, Jan. 11

107
116
126
143
156
175

Dec. 12 - 13 Saturday, Sunday
Jan. 9 - 10 Saturday, Sunday
Jan. 23 - 24 Saturday, Sunday
Feb. 6 - 7 Saturday, Sunday
Feb. 17 - 18 Wednesday, Thursday
Mar. 5 - 6 Saturday, Sunday

CANSI LEVEL I INSTRUCTOR

This is a 15-hour **instructor certification course to test and examine skills and instructional techniques** for the CANSI Level I Instructor Certificate.

Practical:

Review of basic instructional progressions from an organizational viewpoint, student teaching of skill progressions and student lectures. Candidates will be tested on three skiing manoeuvres, one step double-pole, snowplow turns and diagonal stride on the flat, for 50 per cent of their mark.

Theory:

Covers teaching methods for skiing, waxing, equipment and clothing selection. Students will demonstrate their teaching abilities by instructing one of the following: diagonal stride, diagonal stride without poles, diagonal stride uphill, double-poling, one step double-poling, step turn while running, snowplow, snowplow turns.

Prerequisites:

Students must have satisfactorily completed Cross-country Ski-Level III - Advanced and/or be able to perform the following manoeuvres: diagonal stride, diagonal stride uphill, double-poling, one step double-poling, straight running, step turn while running, snowplow, snowplow turns, traverse, sidestep, herringbone, star turn and kick turn. Students must be in good physical condition.

Equipment:

Course participants are required to bring all their own equipment, waxes and clothing.

Fees:

\$60.00 — Blue Lake Centre
\$48.00 — CANSI exam fee payable to examiner the first day of the course. Do not send to Blue Lake Centre with your application.

REGISTRATION OPENING	COURSE NUMBER	COURSE DATES
Monday, Oct. 26	114	Dec. 19 - 20 Saturday, Sunday
Monday, Nov. 23	123	Jan. 16 - 17 Saturday, Sunday
Monday, Dec. 21	152	Feb. 13 - 14 Saturday, Sunday

CANSI LEVEL II INSTRUCTOR

This is a **45-hour course and exam** in which candidates are tested on intermediate skills and instructional abilities for all levels including CANSI Level I Instructors.

Practical:

Skiing exam consisting of eight manoeuvres all of which must be passed for 50 per cent of the total mark. The manoeuvres are: glide christie, skate turn, diagonal stride (on the flat

and uphill), one step double-pole, two skate, one skate and marathon skate. Advanced techniques are included in the course, but are not marked.

Theory:

Practical teaching techniques for all levels of instruction and student lecture presentations worth 50 per cent of the total mark. Each candidate will be marked for instructing one flat and one hill manoeuvre.

Prerequisites:

CANSI Level I for one active year.

Equipment:

Course participants are required to bring all their own equipment, waxes and clothing. Telemark/metal edge skis are permitted for the downhill portions of the course.

Fees:

\$150.00 — Blue Lake Centre
\$45.00 — CANSI exam fee payable to examiner the first day of the course. Do not send to Blue Lake Centre with your application.
 The cost of a one day lift ticket to Marmot Basin in Jasper (approx. \$21.00). The course goes to Marmot Basin for 1 day of instruction and practice.

REGISTRATION OPENING	COURSE NUMBER	COURSE DATES
Wednesday, Dec. 2	133	Jan. 27 - 31 Wednesday thru Sunday

CROSS-COUNTRY SKI TOURING I

(Formerly called Introductory Cross-Country Day Touring)

The majority of the 15 hours of this program will be spent out on trails and untracked areas skiing over a variety of terrain. Participants should be prepared to ski 8 - 12 km per day.

Practical:

The tours will be conducted on trails in William A. Switzer Provincial Park and untracked logging and bush roads in the vicinity of Blue Lake Centre. The tours will emphasize where to and when to use the various skiing techniques. Particular attention will be paid to: changeovers -diagonal stride to double-poling; changeovers -double-poling to diagonal stride; diagonal stride turn; diagonal stride over bumps and hollows; diagonal traverse; running bumps and hollows; step turn while running and downhill traverse.

Theory:

Group dynamics and leadership; where and when to ski tour in Alberta; food planning and selection as well as safety considerations and practices for touring in heavily used areas.

Prerequisites:

Candidates must have completed the cross-country Ski II Intermediate course and be fit enough to cover distances from 8 - 12 km comfortably in one day.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fees:

\$60.00 —

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Oct. 19
Monday, Nov. 30
Tuesday, Dec. 29
Monday, Jan. 11

108
127
159
176

Dec. 12 - 13 Saturday, Sunday
Jan. 23 - 24 Saturday, Sunday
Feb. 20 - 21 Saturday, Sunday
Mar. 5 - 6 Saturday, Sunday

CROSS-COUNTRY SKI TOURING II

(Formerly called Introductory Ski Touring and Camping III)

This is a two-day course designed to introduce to the intermediate skier, the skills and knowledge for safe, enjoyable day-touring and overnight camping.

Practical:

Equipment selection; packing out; navigation; setting up a snow camp; cooking and wilderness skiing skills are to be emphasized.

Theory:

Group dynamics and leadership, cold injuries, route selection, planning menus, and clothing will be studied.

Prerequisites:

Cross-country Ski II Intermediate, or two years of skiing experience and general camping background.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

Note:

Course participants will be spending a night out in snow shelters or winter tents depending on weather conditions.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Dec. 14
Monday, Jan. 4

144
167

Feb. 6 - 7 Saturday, Sunday
Feb. 27 - 28 Saturday, Sunday

CSA TOUR LEADER I CERTIFICATION

Purpose:

This is a 40 hour course designed to instruct and to grant certification to qualified candidates, to lead day tours on established trails or routes.

Objectives:

At the end of the course, the candidate should be:

1. capable of conducting non-assessment modules relating the skills of a Tour Leader I course.
2. familiar with the selection, maintenance and repair of ski touring equipment and clothing.
3. familiar with the skills involved in following a safe ski route using a map and compass.
4. capable of planning a route and completing a route card.
5. aware of cold related injuries, their causes, prevention and treatment.
6. familiar with the construction of a variety of emergency snow shelters and have spent at least one night in one.
7. aware of basic weather systems.
8. aware of trail and terrain hazards, i.e. avalanche.
9. familiar with minimum impact camping techniques.
10. familiar with the construction of and use of an emergency sled.
11. familiar with evacuation techniques for an immobilized individual.
12. familiar with menu planning concepts.
13. aware of leadership skills and group dynamics.

Fee:

\$120.00 — Blue Lake Centre

For both courses, a \$45.00 CSA course fee payable to the examiner on the first day of the course. Do not send to Blue Lake Centre with your application.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Prerequisites:

Candidates should be in good physical condition and be capable of skiing to CANSI Level I standards.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 23

122

Jan. 16 - 17 (1st part) Saturday, Sunday
Jan. 30 - 31 (2nd part) Saturday, Sunday

Monday, Dec. 21

154

Feb. 13 - 14 (1st part) Saturday, Sunday
Feb. 27 - 28 (2nd part) Saturday, Sunday

CSA TOUR LEADER II CERTIFICATION

Purpose:

This is a 5 day course designed to instruct and to grant certification, to qualified candidates, to lead overnight tours through wilderness terrain. Also, successful candidates will be certified to begin to conduct CSA Tour Leader I certification courses.

Objectives:

At the end of the course, the candidate should be:

1. capable of meeting all CSA Tour Leader I objectives at a high level of proficiency.
2. competent in recognizing avalanche hazards and knowledgeable in avoidance techniques.
3. competent in all aspects of white-out and night navigation.
4. proficient with a variety of overnight camping skills and will have spent 4 nights on the trail with instructors.
5. capable of planning extended trips in wilderness terrain.
6. familiar with the techniques involved in dealing with the stress related to the wilderness winter environment.

Prerequisites:

Candidates must be in good physical condition, capable of skiing to CANSI Level I standards and be capable of performing linked telemark turns with pack on back.

Fee:

\$150.00 — Blue Lake Centre
\$45.00 — CSA course fee payable to the examiner on the first day of the course. Do not send to Blue Lake Centre with your application.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Note:

For further information on the Tour Leader program, contact:
CSA Tour Leader Coordinator
(Alberta Division)
#9, 10930 - 161 St.
Edmonton, Alberta
T5P 3H8

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Wednesday, Dec. 9

140

Feb. 3 - 7 Wednesday thru Sunday

ORIENTEERING

SKI ORIENTEERING

This two-day course will develop skills in map reading and using a compass. It will be a valuable program for all wilderness travellers, especially individuals in the sport of ski orienteering.

Practical:

The study of types of maps, map symbols, map travel, compasses, how they function and their uses. Practical applications of route orienteering techniques on cross-country skis.

Theory:

Using the map and compass in route planning and competitive orienteering; understanding the Alberta Orienteering Association and its affiliated clubs; understanding the inter-relationships of orienteering and other activities.

Prerequisites:

Students should be intermediate level cross-country skiers.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

Please Note:

This course is very similar to the Basic Orienteering course offered in the summer brochure. The practice of true ski orienteering, using a multitude of ski trails is restricted at the Centre by the area available for tracksetting. Competitive aspects of this course will be conducted using a line orienteering event.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Oct. 26

113

Dec. 19 - 20 Saturday, Sunday

WINTER NAVIGATION

Purpose:

To provide a theoretical and practical introduction to navigation skills over a variety of winter terrains.

Objectives:

At the end of the course the student should:

1. be familiar with a variety of different types of topographical maps and their uses.
2. capable of interpreting aerial photographs.
3. be able to calculate compass error related to True North readings (declination).
4. be familiar with a variety of compasses.
5. be able to utilize both map and compass in route planning and wilderness winter terrain.
6. be familiar with the use of altimeters for both elevation and barometric pressure calculations.
7. be familiar with white-out navigation techniques.
8. be aware of winter terrain hazards, ie. avalanches and crevasses.
9. be familiar with glacial travel techniques and the proper use of wands.
10. be aware of cold related injuries and their symptoms and prevention.
11. be able to plan and complete a route card noting distances, elevation changes and hazard avoidance.

Prerequisites:

None

Fee:

\$90.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Friday, Jan. 8

173

Mar. 4 - 6 Friday thru Sunday

GENERAL OUTDOOR CLOTHING GUIDELINES

The following is provided as an aid to individual clothing selection for outdoor activities, in general and specifically as background material for equipment information provided on the next four pages.

Adequate clothing for the outdoor setting should be selected with the following functions in mind.

1. To protect the body from
 - sun, sunburn, heat exhaustion, and heat stroke
 - wind, heat loss due to convection
 - cold, heat loss due to lack of insulation
 - wet, body heat loss due to evaporation of moisture
2. To allow freedom of movement

More specifically:

Long sleeves, full legs and high collars to protect from sun, wind and insects.

A tight weave material (nylon, 60/40 or cotton shell to block wind and shed light moisture yet allow for the evaporation of body moisture).

Synthetics that allow moisture, to pass through with no fibre absorption such as polypropylene are recommended.

Insulation materials that have a large percentage of **air space** which provide added insulation to control body heat loss.

Wool and many of the synthetic, pile, fabrics provide these dead-air spaces even when wet. Cotton is the opposite, losing insulative properties when wet and speeding heat loss by evaporation.

Rainwear

Be it a poncho, a suit (pants & jacket) or cagoule it should be made of a nylon fabric coated with a waterproof layer. Coating can include: rubber, urethane, Gore-Tex or a number of other water stoppers. New types of rain wear materials like Gore-Tex are being developed all the time to allow body moisture to escape while water droplets are blocked out.

With these functions in mind the following list of layered clothing is suggested. The layering will help the outdoors person adjust to changes in weather and body climate.

Head and Neck

- Broad brimmed hat — baseball cap plus kerchief
- Toque
- Neck warmer or scarf (winter)

Upper Body

- Undershirt — wool or synthetic
- Long sleeved shirt or turtle neck
- Wool sweater
- Jacket — wool or synthetic (winter)
- Wind shell — nylon or other tight weave material
- Rain jacket, poncho or cagoule

Lower Body

- Light long underwear — wool or synthetic
- wool pants or knickers
- insulated pants (warm-ups)
- wind or snow pants (optional in summer)
- rain pants or chaps

Feet

- socks (4 pr. — wool, synthetic or blend)
- boots — comfortable — broken in
- extra footwear — runners, rubberboots

Hands

- work gloves — cotton or leather
- wool gloves or mitts — overmitts

When looking over the list of suggested clothing that follows on the next four pages remember the following 3 principles for dressing for outdoor activity:

#1 Layering —

This consists of putting on many thin garments as opposed to wearing an arctic parka over a t-shirt. Many thin layers build up the dead air space between themselves and so add to the insulation value of the clothing.

#2 Wind Blockage —

Moving air (wind) quickly robs the body of its heat. By wearing garments that are windproof as an outer layer a person can maintain heat trapped in the dead air spaces between clothing layers.

#3 Control Wetness —

Wet clothing contributes to the evaporation of heat away from the body. So, wear layers that allow perspiration to slowly evaporate away and which also keep wet snow away from the inner layers.

Equipment Information

	Personal Toiletries and Alarm Clock	Sleeping Bag	Pillow	Wool Togue	Balaclava	Neck Warmer or Scarf	Wool or Synthetic Long Underwear	Light Weight Turtle Neck	Wool Shirt	Wool Sweater	Pile Jacket	Windproof Outershell	Winter Parka with Hood	Wool Pants or Knickers	Downhill Ski Warm-up Pants	Rain Jacket	Rain Pants	Wool Mitts or Gloves	Nylon or Waterproof Overmitts	Wool Socks	Down or Synthetic Boots	Gaiters (long)
Avalanche Rescue	R	R	R	R	Op	R	R	R	R	R	Op	R	R	R	Op			2	R	4		R
Avalanche Safety I	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Avalanche Safety II	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Basic Winter Survival Skills	R	R	R	R	R	R	R	R	R	2	Op		R	R	Op			2	R	4		
CANSI Level I Instructor	R	R	R	R	Op	R	R	R	R	R	Op	R		R	R			2	R	4		R
CANSI Level II Instructor	R	R	R	R	Op	R	R	R	R	R	Op	R		R	R			2	R	4		R
Communication Skills I	R	R	R																			
Communication Skills II	R	R	R																			
Cross Country Ski I - Introductory	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Cross Country Ski II - Intermediate	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Cross Country Ski III - Advanced Technique	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Cross Country Ski III - CANSI Prep.	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op			2	R	4		R
Cross Country Ski Touring I	R	R	R	R	R	R	R	R	R	2	R	R		R	Op			2	R	4		R
Cross Country Ski Touring II	R	R	R	R	R	R	R	R	R	2	R	R	Op	R	Op	R	R	2	R	4	R	R
CSA Tour Leader I Certification	R	R	R	R	R	R	R	R	R	2	R	R	Op	R	Op	R	R	2	R	4	R	R
CSA Tour Leader II Certification	R	R	R	R	R	R	R	R	R	2	R	R	Op	R	R	R	R	2	R	4	R	R
Group Relations I	R	R	R																			
Initiative Tasks Programming	R	R	R	R	Op	R	R	R	R	R	Op		R	R	Op			2	R	4		
Leadership Assessment I	R	R	R																			

Legend:

- R - Required to be supplied by the participant
- 2 - 2 or 2 pairs are required to be supplied by the participant
- 4 - 4 pairs are required to be supplied by the participant
- Op - Optional item - not required to take the course

Please Note:

The equipment information listed above is intended as a guideline for course selection purposes only. A detailed equipment list will be sent to all participants.

Repair Kit: spare ski tip, duct tape, spare binding screws, screw driver, spare flashlight bulb, spare bail, needle and thread, snare wire, 20 feet of nylon cord.

15

Equipment Information

	Personal Toiletries and Alarm Clock	Sleeping Bag	Pillow	Wool Toque	Balaclava	Neck Warmer or Scarf	Wood or Synthetic Long Underwear	Light Weight Turtle Neck	Wool Shirt	Wool Sweater	Pile Jacket	Windproof Outershell	Winter Parks with Hood	Wool Pants or Knickers	Downhill Ski Warm-up Pants	Rain Jacket	Rain Pants	Wool Mitts or Gloves	Nylon or Waterproof Overmitts	Wool Socks	Down or Synthetic Booties
Leadership/Volunteers Working Together	R	R	R																		
Learning Methods I	R	R	R																		
Legal Liability in Outdoor Recreation	R	R	R																		
Living Things in Winter	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		
Major Event Planning	R	R	R																		
Marketing/Financial Management	R	R	R																		
Nature Photography I	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		
Nature Photography II	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		
Night Sky Interpretive Skills	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		
Program Skills I	R	R	R																		
Ski Orienteering	R	R	R	R	Op	R	R	R	R	R	Op	R		R	Op		2	R	4		R
Sports First Aid & CPR	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		R
Teaching Techniques in Outdoor Studies I	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		R
Teaching Techniques in Outdoor Studies II	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		R
Time Management/Short & Long Term Planning	R	R	R																		
Wilderness First Aid & CPR Certification	R	R	R	R		R	R	R	R	R	Op		R	R	Op		2	R	4		R
Winter Camping on Snowshoes	R	R	R	R	R	R	R	R	R	2	Op		R	R	Op		2	R	4		R
Winter Navigation	R	R	R	R	Op	R	R	R	R	R	Op		R	R	Op		2	R	4		
Winter Survival	R	R	R	R	R	R	R	R	R	2	Op		R	R	Op		2	R	4		

Legend:

- R - Required to be supplied by the participant
- 2 - 2 or 2 pairs are required to be supplied by the participant
- 4 - 4 pairs are required to be supplied by the participant
- Op - Optional item - not required to take the course

Please Note:

The equipment information listed above is intended as a guideline for course selection purposes only. A detailed equipment list will be sent to all participants.



Skills Program

FOR MANAGEMENT VOLUNTEERS

Across Canada, there are more than 1000 volunteer organizations managed by people who devote their time, energy and skills to provide services in sport, fitness and recreation for millions of Canadians.

In the recent past, many of these volunteers have expressed concern about the lack of training available to them. This was confirmed by a national study known as "The Volunteer Leader in Physical Activity and Sport".

As a result of this study, the SKILLS PROGRAM FOR MANAGEMENT VOLUNTEERS was developed. It is a cooperative venture between the federal and provincial/territorial governments, voluntary organizations and program sponsors. Each province has tailored the SKILLS PROGRAM to meet the needs of a variety of organizations across the country.

The various SKILLS PROGRAM sessions are normally offered to organizations as single day workshops covering one of the six topics. Blue Lake Centre has paired the six topics into three dynamic weekend workshops to allow Management Volunteers from a variety of organizations to share and learn from their collective experiences.

TIME MANAGEMENT/SHORT AND LONG TERM PLANNING

The first day of this workshop will provide information regarding Time Management as it affects your life at home, on the job and as a volunteer. Thus, the Skills Program theme of "Finding Time". Issues covered include; finding time; your external and internal clock; the myths of time; setting goals and priorities and time wasters and time savers. Learning how to accomplish more in less time will help you gain greater control of your time and your life.

The second day will provide a clear understanding of the definitions, concepts and processes involved in organizational Long and Short Term Planning. The contents of the participant workbook and the workshop will include; a planning overview; setting a climate for planning and making your plan a reality. To ensure the success of your organization, you need to learn how to create policies and set goals and objectives for both the short and long term.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Prerequisites:

None.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Tuesday, Oct. 13

104

Dec. 5 - 6 Saturday, Sunday

MARKETING/FINANCIAL MANAGEMENT

The first half of this workshop will provide the foundations of Marketing, not in a theoretical sense, but with steps for practical implementation. Concepts will be introduced to help you to organize each event, competition or registration day so that it will gain more spectators, sponsors and participants. The participant workbook and workshop will deal with; an introduction to marketing; target groups; the mind flip; the marketing environment and sponsorship and fund raising. Learning how to attract more people to your activities will aid

organization. Marketing techniques will help you reach financial independence.

The second half of this workshop will provide a simple, logical approach to bookkeeping, budgeting and reporting. Everything you will need to know to set up and maintain your organization's financial accounts is presented in an easy to learn and use style. The participant workbook and workshop will include; budgeting; record keeping and financial management and financial reporting. Learning how to prepare budgets, controlling your

costs and raising money you need will help your organization to operate more effectively.

Fee:
\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Prerequisites:

None.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 23

124

Jan. 16 - 17 Saturday, Sunday

LEADERSHIP/VOLUNTEERS WORKING TOGETHER

The first day of this workshop will deal with the theories and the practical application of various leadership techniques along with the dynamics of group relations. Issues to be dealt with include identifying a personal leadership style and reviewing concepts of group relations. Learning how to develop a dynamic leadership style will help you supervise other volunteers, run a smooth ship and successfully deal with a variety of group situations.

The second day of the workshop will provide a variety of techniques to help generate enthusiasm in new and old volunteers in your organization. Topics covered in the workbook and the workshop will include; getting commitments from volunteers; building a team spirit and delineating roles and responsibilities. Learning to generate enthusiasm in the other members of your organization will help to get the commitment you need to run a smooth program.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:
\$60.00

Prerequisites:

None.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 18

178

Mar. 12 - 13 Saturday, Sunday

LEADERSHIP DEVELOPMENT PROGRAMS

Volunteers spend considerable time and effort acquiring the technical skills to qualify as instructors and only too often they and their course participants find their initial instructional efforts less than satisfactory. Many times the problem centers around the need of efficient people skills to enhance the learning experience for participant and instructor alike. People skills are interpersonal theories and skills which instructors and leaders must possess to effectively work with people

on a one-to-one basis or in group situations. People skills include an understanding of a variety of communication techniques; a knowledge of the dynamics of group relations and an awareness of different leadership styles for specific situations. The courses in this section are for the individual who wishes to do a better job when instructing or leading people. These courses are an opportunity to become a better people person.



COMMUNICATION SKILLS I

The content of the communication skills course focuses on the verbal and nonverbal interactions between individuals. Participants will be exposed to and work with four communication theories and five communication skills. Participants will plan how they can use these theories and skills in their daily personal work life. The overall emphasis will be placed on using these skills in a leadership capacity.

Practical:

The two days will be spent indoors in a classroom-workshop setting. Instruction will take place through lectures, group discussions, self-assessment and question periods. As well, there will be a brief, course-related reading assignment the first night.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Oct. 19
Tuesday, Dec. 29

109
162

Dec. 12 - 13 Saturday, Sunday
Feb. 20 - 21 Saturday, Sunday

LEADERSHIP ASSESSMENT I

This two-day course will focus on participants assessing and understanding their own leadership attributes. The self-assessment will be the outcome of doing three leadership assessments. Additional content will come in the form of an exposure to six theories related to leadership. Before the completion of the course, time will be spent by students planning an application of these skills and theories in a leadership capacity to their work or volunteer duties.

Practical:

The instruction will take place in a classroom-workshop setting. Instruction will be in the form of lectures, group discussions, self-assessments and question and answer periods.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 30
Monday, Jan. 25

130
187

Jan. 23 - 24 Saturday, Sunday
Mar. 19 - 20 Saturday, Sunday

GROUP RELATIONS I

The course material in the group relations course focuses on the participants developing the ability to assess group relations within groups of which they are members. Participants will be taught five theories related to group interrelations as well as actually doing five group assessment tasks. Before the end of the program, students will have the opportunity to plan how they can implement these skills and theories in future group work in which they may be involved.

Practical:

The instruction will take place in a classroom-workshop setting at the centre. Instruction will be in the form of lectures, group discussions, self-assessments and question and answer periods.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 16
Monday, Jan. 11

119
177

Jan 9 - 10 Saturday, Sunday
Mar. 5 - 6 Saturday, Sunday

COMMUNICATION SKILLS II

This workshop continues on with the themes of Communication Skills I. The focus is still verbal and non-verbal interactions between individuals; with the introduction of further theories and practical skills to aid participants in becoming more effective communicators.

Resource materials and further reading materials will be stressed throughout the workshop to provide participants with the means to continue the growth process as improving communicators.

Both classroom and outdoor settings will be utilized along with a variety of instructional methods.

Prerequisites:

Participants should have completed Communication Skills I or equivalent course work and experience.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 18

181

Mar. 12 - 13 Saturday, Sunday

LEARNING METHODS I

This two day workshop examines a variety of learning methods as currently used in training. Participants plan, enact and de-brief several role plays and learning simulations to provide all with an effective understanding of the learning potential of each method used.

The organization required by both instructor and prospective participant is viewed with reference to the potential value of the role play or learning simulation, along with the effective placement of such activities in lesson plans.

Answers to questions such as "When do I use role plays?" and "What can I expect from learning scenarios?", should allow participants to confidently include both in future lesson plans.

Prerequisite:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 25

184

Mar. 19 - 20 Saturday, Sunday

INITIATIVE TASKS PROGRAMMING

This workshop concentrates on the effective use of initiative tasks and co-operative games in both instructional and recreational settings. An overview of the development of initiative tasks and co-operative games will provide an excellent introduction to the whens, wheres and hows for the use of both.

Participants will be involved in and conduct a large number of activities designed to promote group cohesiveness throughout the two days of this workshop. A list of these activities with the rationale and goals of each will be provided to each participant for future use.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 18

180

Mar. 12 - 13 Saturday, Sunday



PROGRAM SKILLS I

Designed for perspective or functioning course instructors, this course will provide the necessary skills to develop and implement program formats.

This two day workshop is divided into two, one day components. The first day introduces participants to a systematic rationale for dividing course materials into course outlines and lesson plans, discusses

consistency and cohesiveness throughout program planning, and provides hands-on material to assist in designing lesson plans. The inclusion of all pertinent information related to the preparation and delivery of courses is stressed.

Day two is concerned with objective setting and its application to course planning. The issues of

conditions, criteria and performance standards are all discussed with reference to measuring the results of instruction.

Throughout both days, time will be allotted for participants to practise the application of the workshop materials and information.

Prerequisites:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 25

185

Mar. 19 -20 Saturday, Sunday

MAJOR EVENT PLANNING

Currently many groups are taking on the organization of a variety of major events. These events can run the gamut from one day arts and crafts festivals to multi-day sporting events. Fortunately for the would-be organizing committees, most major events share a large number of similarities in the planning and execution phases.

This two day workshop will introduce participants to a variety of major event organizational formats. Each format will address topics such as publicity, first-aid, facilities acquisition and manpower estimating. The main theme of the workshop will be to emphasize a systematic and organized approach to the planning of all major events.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Jan. 18

179

Mar. 12-13 Saturday, Sunday

LEGAL LIABILITY IN OUTDOOR RECREATION

Outdoor and wilderness recreation programming is presently experiencing unprecedented levels of popularity. The constantly increasing numbers of participants bring with them ever widening amounts of experience and preparation for the courses and excitement they pursue. This combination of program popularity and varying participant preparation has contributed to an equally increasing number of court cases involving the issue of outdoor recreation and legal liability.

This 2 day workshop provides a timely overview of legal liability and its relationship to a variety of outdoor programs. With the use of recent case studies and articles on the subject, participants will have the opportunity to discuss both their own program areas and others in the field. Issues such as negligence, waiver forms and professional judgement will aid participants in examining their own programs from an informed point of reference.

Prerequisites:

None.

Fee:

\$60.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 30

129

Jan. 23 - 24 Saturday, Sunday

AN OUTDOOR TIP

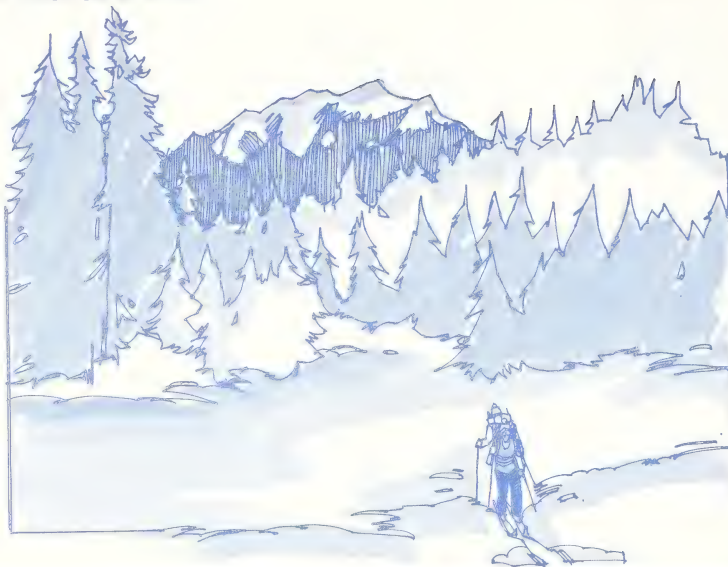
DOWN vs SYNTHETICS

IMPORTANT FACTORS: WEIGHT, DRAPABILITY, DURABILITY, COST

	DOWN	SYNTHETICS
ADVANTAGES	<ol style="list-style-type: none"> 1. Weight efficiency & loft 2. Compressibility 3. Lasting resilience 4. Softness 	<ol style="list-style-type: none"> 1. Insulates when wet 2. Quick drying 3. Cheaper 4. Washable 5. Non-allergenic 6. Does not deteriorate in damp
DISADVANTAGES	<ol style="list-style-type: none"> 1. Expensive 2. Inefficient when wet 3. Slow drying 4. Sensitive to damp and saltwater 5. Requires careful washing 	<ol style="list-style-type: none"> 1. Weight 2. Bulk

ENVIRONMENTAL PROGRAMS

In the environmental interpretation section all courses are planned to enhance the participant's awareness of his/her natural surroundings. Various educational methods in the study of flora, fauna, geography and weather will be used in order that participants will gain not only the scientific information, but will be able to use effective methods of passing the information on to others. This section will be of special interest to teachers, group leaders, and outdoorsmen who are looking for a greater understanding of nature.



LIVING THINGS IN WINTER

This is a two-day course of study in the various ways that living things adapt to our harsh winter climate. Both plants and animals have evolved unique systems of using snow, ice and other natural elements to exist. Attention will be paid to habitat and

evolutionary innovations which contribute to the successful existence of plants and animals.

Practical:

Field study of flora and fauna in the Blue Lake area.

Theory:

Various study methods will be introduced.

Prerequisites:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

Monday, Jan. 4

COURSE NUMBER

169

COURSE DATES

Feb. 27 - 28 Saturday, Sunday

NIGHT SKY INTERPRETIVE SKILLS

The identification of stars, planets and constellations, visible in the northern sky forms the basis of this two-day program. Classroom sessions include many hands-on astronomy exercises along with group problem solving periods concerned with questions such as "How could the ancient Greek astronomers have known the Earth was round?"

Evening sessions allow participants to put their new found skills to work while identifying seasonal and circumpolar constellations. Also, the evening sessions include practicing the skills of navigation by the stars and visible planets.

Prerequisites:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

Monday, Jan. 25

COURSE NUMBER

183

COURSE DATES

Mar. 19-20 Saturday, Sunday

TEACHING TECHNIQUES IN OUTDOOR STUDIES I

This is a two-day course dealing with the methodology of outdoor and environmental education. The program will examine various approaches to teaching people in studies which expose them to various environments. This course is a must for camping counsellors, outdoor education teachers

and group leaders who are involved with various types of environmental studies.

Commercial and innovative approaches will be used with the purpose of adapting activities to the interests of participants using the immediate environment at Blue Lake Centre.

Prerequisites:
None.

Fee:
\$60.00

Equipment:
Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Dec. 7
Tuesday, Dec. 29

137
161

Jan. 30 - 31 Saturday, Sunday
Feb. 20 - 21 Saturday, Sunday

TEACHING TECHNIQUES IN OUTDOOR STUDIES II

This course is particularly useful for those wishing to expand their leadership and planning skills in conducting outdoor studies with both children and adults.

The focus will be on the art of programming, including methods of organization and planning; learning at least twelve interpretive activities; and useful techniques in facilitating both fun and learning in outdoor pursuits.

Prerequisites:
Teaching Techniques in Outdoor Studies I or equivalent.

Fee:
\$60.00

Equipment:
Refer to Equipment Information pages 13, 14, 15, 16 and 17.

REGISTRATION OPENING

COURSE NUMBER

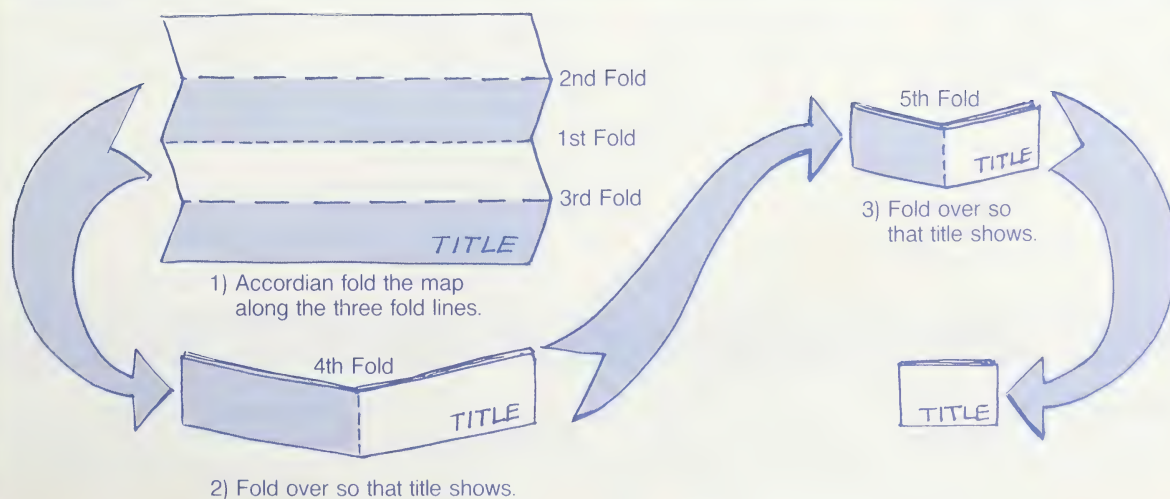
COURSE DATES

Monday, Jan. 25

186

Mar. 19 - 20 Saturday, Sunday

AN OUTDOOR TIP



NATURE PHOTOGRAPHY I

This is a 17-hour introduction to outdoor photography designed to allow students to make full use of their 35mm SLR system.

Practical:

An outdoor workshop with demonstrations on subject selection, application of lighting techniques and principles of composition.

Theory:

Basic care of equipment in the out-of-doors; selection and use of camera accessories; proper exposure; what films to use; composition and clothing to wear.

Prerequisites:

None

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Each participant must provide the following:

- a 35mm SLR camera
- all the accessories you own
- the following film:
 - two to four rolls of Kodachrome 64 or Ektachrome 100, of 20 or 36 exposure.
 - one to two rolls of Ektachrome 200, of 20 or 36 exposure. (to be used only in case of bad weather)

- one roll of Polaroid Polachrome CS, 12 exposure.
- a sample of your work which can be used in a critiquing session. We suggest 20 to 30 slides on outdoor photography themes which you have. The idea is to have the group examine the slides and point out the key features.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 30
Monday, Jan. 18

128
182

Jan. 23 - 24 Saturday, Sunday
Mar. 12 - 13 Saturday, Sunday

NATURE PHOTOGRAPHY II

This 24 hour course will delve into landscape photography as well as provide increased field application of previously learned techniques.

Practical:

One pre-dawn, one day-long and a shorter field trip will cover advanced lighting techniques and close-up or macro photography as far as participants' equipment will allow.

Theory:

Understanding perception, emotions and landscape aspects; advanced composition and exposure; critique of each others' colour slides.

Prerequisites:

Nature Photography I or equivalent

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Each participant must provide the following:

- a 35mm SLR camera
- all the accessories you own
- the following film:
 - two to four rolls of Kodachrome 64 or Ektachrome 100, of 20 or 36 exposure.
 - one to two rolls of Ektachrome 200, of 20 or 36 exposure. (to be used only in case of bad weather)

- one roll of Polaroid Polachrome CS, 12 exposure.
- a sample of your work which can be used in a critiquing session. We suggest 20 to 30 slides on outdoor photography themes which you have. The idea is to have the group examine the slides and point out the key features.

Fee:

\$90.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Tuesday, Dec. 29

157

Feb. 19 - 21 Friday thru Sunday

CAMPING

WINTER CAMPING ON SNOWSHOES

This course offers a two-day excursion on snowshoes during which students will be exposed to the basic requirements of winter camping.

Practical:

Wilderness travel on snowshoes, navigation, site selection, firemaking, cooking, setting up a snow camp, and leisure activities are all introduced. Selection and care of appropriate equipment are discussed.

Theory:

Environmental impact, first aid and cold injuries, route selection, and menu planning are covered.

Prerequisites:

None

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

Tuesday, Oct. 13
Monday, Dec. 21

COURSE NUMBER

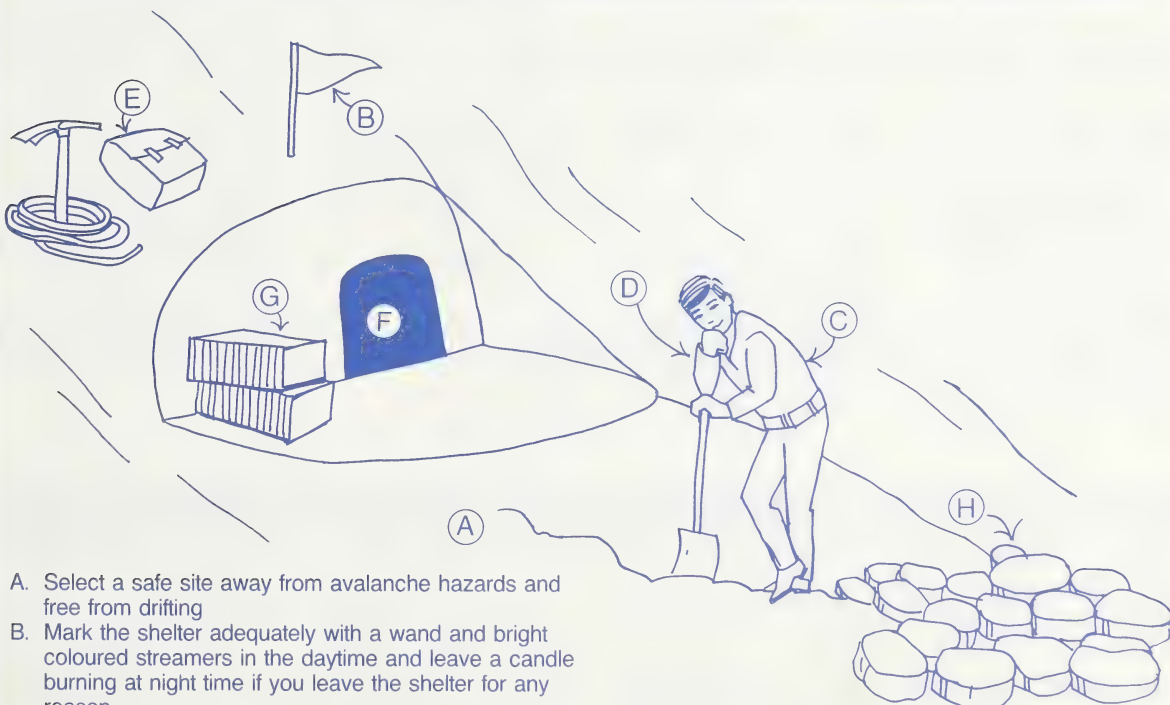
103
153

COURSE DATES

Dec. 5 - 6 Saturday, Sunday
Feb. 13 - 14 Saturday, Sunday

AN OUTDOOR TIP

GENERAL PRINCIPLES IN THE CONSTRUCTION OF SNOW SHELTERS



- Select a safe site away from avalanche hazards and free from drifting
- Mark the shelter adequately with a wand and bright coloured streamers in the daytime and leave a candle burning at night time if you leave the shelter for any reason.
- Remove excess insulation clothing when working in the shelter to prevent perspiration/condensation/dampening.
- Wear waterproof clothing when temperature is freezing to keep insulation clothing dry.
- Place all your equipment/pack/spare clothes in a safe, obvious place while constructing the shelter. Do not leave any equipment lying around as it may be buried and lost in the snow.

- Remember large entrances facilitate removal of excavated snow. They can always be blocked off later.
- Use excavated snow wherever possible in the construction.
- Be energy efficient. Move excavated snow as little as possible.

Remember during any snow shelter construction there is a point when no **apparent** progress is being made. Perseverance will bring you success.

SAFETY AND FIRST AID

WILDERNESS FIRST AID AND CPR CERTIFICATION

This four-day course will give participants practical experience in developing an effective approach to casualty management in wilderness settings. First aid skills will be examined, and successful candidates will be certified at the Red Cross Wilderness First Aid - Standard level as well as at the CPR Basic Rescuer level.

Practical and Theory:

Primary and secondary assessment in single and multiple accidents; recognition or irregularities in the vital functions of breathing, bleeding and circulation; techniques for accident scene management; limited secondary aid and patient care in the field.

Prerequisites:

No previous first aid training is necessary. Participants should be in good physical condition; the course runs outdoors regardless of the weather.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$120.00 — Blue Lake Centre
\$21.00 — Red Cross Fee - payable to instructor on the first day of the course.
\$10.00 — C.P.R. Fee - payable to instructor on the first day of the course.
Do not send to Blue Lake Centre with your application.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Thursday, Dec. 17
 Thursday, Jan. 7

150
 172

Feb. 11 - 14 Thursday thru Sunday
 Mar. 3 - 6 Thursday thru Sunday

ATHLETIC FIRST AID AND CPR CERTIFICATION

This three day course will be of interest to those individuals in the sporting community interested in upgrading and developing their knowledge and skills in the prevention and first aid of athletic injuries. Successful candidates will be registered at the Athletic First Aider Level I and the CPR Basic Rescuer Level.

Topics covered will include adequate and proper warm up, importance of rehabilitation, common sports injuries and their care and an overview of structures susceptible to injury and their injuries.

Participants will also have opportunities for hands on practise of various taping

techniques of ankles, fingers and thumbs along with several other sports first aid procedures.

Prerequisites:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$90.00 — Blue Lake Centre
\$10.00 — C.P.R. Fee - payable to instructor on the first day of the course.
Do not send to Blue Lake Centre with your application.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Friday, Dec. 11

141

Feb. 5 - 7 Friday thru Sunday

AVALANCHE SAFETY I

This is a two-day course for winter mountain travellers such as snowmobilers, ski tourers or snowshoers. At the end of the course, each participant will be able to perform the following personal avalanche protection functions:

1. recognize avalanche hazards
2. take personal preventative and safety measures and

3. participate usefully in search and rescue activities.

Practical:

Field trips to recognize avalanche areas; snow profile studies; snow crystal metamorphosis and weather; search and rescue methods.

Theory:

Study of topography, weather and snow which create avalanche hazards, snow crystal study, hypothermia, frostbite, suffocation and first aid.

Prerequisites:

None.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

Monday, Nov. 16
Tuesday, Dec. 29

COURSE NUMBER

118
160

COURSE DATES

Jan. 9 - 10 Saturday, Sunday
Feb. 20 - 21 Saturday, Sunday

AVALANCHE SAFETY II

This course is designed for people who wish to ensure their safety while travelling in avalanche terrain. It is of particular importance to the wilderness traveller who will be relying solely on his own judgement and expertise for his group's well-being in the back country. This course is essential for any group leader planning to travel in

mountainous areas in winter or spring. Through this course students will be able to collect snow pack data, understand weather factors, recognize potential touring terrain, observe and evaluate avalanche activity, take preventative safety measures, and conduct search and rescue operations.

Prerequisites:

There are no prerequisites, but students with the two-day Avalanche Safety I Course will receive preference for this course.

Fee:

\$150.00

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Note:

Participants must have intermediate back-country skiing skills.

REGISTRATION OPENING

Wednesday, Dec. 16

COURSE NUMBER

146

COURSE DATES

Feb. 10 - 14 Wednesday thru Sunday

AVALANCHE RESCUE

This two day course will familiarize the winter wilderness traveller with the proper use of various probes and electronic transceivers.

and proper use, recognition and application of specialized rescue techniques for located victims; preparation and use of group rescue equipment.

various makes, models and compatibilities of transceivers; basic maintenance.

Prerequisites:

Good enough physical condition to endure light but prolonged physical activity in winter weather.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

Practical:

Identification of two standard search patterns

Theory:

Becoming familiar with the

REGISTRATION OPENING

Monday, Jan. 4

COURSE NUMBER

168

COURSE DATES

Feb. 27 - 28 Saturday, Sunday

SURVIVAL

These survival programs are recommended for experienced winter campers who wish to mentally and physically challenge themselves. The harsh realities of winter demand both physical and

mental stamina from outdoor leaders, especially when leaders are concerned with caring for themselves and others with a minimum of clothing, equipment and food.

PLEASE NOTE:

These courses are definitely not basic winter camping courses.

BASIC WINTER SURVIVAL SKILLS

This is a two-day course exposing candidates to the important elements of overnight survival while employing the items one is likely to have as a stranded wilderness traveller (i.e. this course will be of special interest to skiers, snowshoers and hunters).

Practical:

Participants deal with the problems and priorities of survival in a wild and cold environment. Techniques of conserving warmth, fire-making, shelter building, signalling and toolmaking are practised, and participants spend one night out in a survival situation.

Theory:

Participants will learn the priorities of survival situations and how to deal with the stress involved.

Prerequisites:

A basic winter camping course and/or winter overnight camping experience.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$60.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Monday, Nov. 16
Monday, Dec. 14

117
145

Jan. 9 - 10 Saturday, Sunday
Feb. 6 - 7 Saturday, Sunday

WINTER SURVIVAL

This course is intended to put experienced snow campers and those who have had an exposure to winter survival basics into realistic survival situations.

Practical:

One-day review of basics at a comfortable winter camp. The second day and night will be a solo situation in which the individual handles his own needs for shelter, warmth and water. The third day and night will be a group situation without the aid of sleeping bags. Rations will be minimal throughout the experience. This contact with winter realities will help outdoor leaders to become aware of personal limits and will add to their experience in

making judgments concerning others in winter programming.

Theory:

Priorities of survival, group dynamics, leadership and mental preparation are explored.

Prerequisites:

Extensive winter camping background and/or a Basic Winter Survival course.

Equipment:

Refer to Equipment Information pages 13, 14, 15, 16 and 17.

Fee:

\$120.00

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Thursday, Dec. 3

134

Jan. 28 - 31 Thursday thru Sunday

IMPORTANT:

If you wish to receive the next Blue Lake Centre brochure, check (✓) the appropriate box and mail this card.

☐ Winter Brochure ☐ Summer Brochure

Name: _____

Address: _____

City/Prov.: _____

Postal Code: _____

If you are unable to attend your course, please phone (865-4741 or 4751) so that we may make your place available to someone on our waiting lists.

In case of duplication, or if this brochure is not of interest to you, please pass it on to an outdoor friend.

SURVIVAL

These survival programs are recommended for experienced winter campers who wish to mentally and physically challenge themselves. The harsh realities of winter demand both physical and

mental stamina from outdoor leaders, especially when leaders are concerned with caring for themselves and others with a minimum of clothing, equipment and food.

PLEASE NOTE: These courses are definitely not camping courses.

BASIC WINTER SURVIVAL SKILLS

This is a two-day course exposing candidates to the important elements of overnight survival while employing the items one is likely to have as a stranded wilderness traveller (i.e. this course will be of special interest to skiers, snowshoers and hunters).

Practical:

Participants deal with the problems and priorities of survival in a wild and cold environment. Techniques of conserving warmth, fire-making, shelter building, signalling and toolmaking are practised, and participants spend one night out in a survival situation.

Theory:

Participants discuss the priorities of situations and deal with the stress of survival.

Prerequisites:

A basic winter survival course and/or overnight camping experience.

REGISTRATION OPENING

COURSE NUMBER

Monday, Nov. 16
Monday, Dec. 14

117
145

WINTER SURVIVAL

This course is intended to put experienced snow campers and those who have had an exposure to winter survival basics into realistic survival situations.

Practical:

One-day review of basics at a comfortable winter camp. The second day and night will be a solo situation in which the individual handles his own needs for shelter, warmth and water. The third day and night will be a group situation without the aid of sleeping bags. Rations will be minimal throughout the experience. This contact with winter realities will help outdoor leaders to become aware of personal limits and will add to their experience in

making judgments concerning programming.

Theory:

Priorities of dynamics, leadership and mental preparation explored.

Prerequisites:

Extensive winter survival background. Winter Survival course.

REGISTRATION OPENING

COURSE NUMBER

COURSE DATES

Thursday, Dec. 3

134

Jan. 28 - 31 Thursday thru Sunday

Blue Lake Centre
Box 850
Hinton, Alberta
T0E 1B0





ALBERTA BLUE LAKE CENTRE

The Blue Lake Centre was opened in 1971 with a mandate to focus on the development of outdoor leaders. During the last 15 years the centre has played a major role in the development of outdoor recreation and outdoor education programs across Alberta through the efforts of the more than 25,000 individuals who have taken courses at the Centre.

The success of the Blue Lake Centre thrust with outdoor leaders has led to the broadening of the Centre's mandate. Effective April 1, 1986, the Centre began a three year transition that will see the development of a number of new emphasis areas. The new areas will include Volunteer Development, Leadership Development and Athlete Development.

Volunteer Development:

focuses on developing individuals, who work within the volunteer sector of the recreation delivery system, to improve their personal and organizational skills and thereby maximize the efficiency and effectiveness of the individual, the association, club, volunteer agency or community recreation department.

Leadership Development:

is the process of developing individuals to enable them to assist others in achieving personal, group or organizational goals, thereby contributing to the efficiency and effectiveness of the recreation/sport delivery system. Areas within leadership development that will receive additional emphasis include outdoor skills, recreation management, safety and coaching.

Athlete Development:

will emphasize the provision of a natural training facility and specialized training opportunities for athletes registered with selected, provincially recognized, sport associations.

Present and future courses in the above areas are:

- curriculum design
- event management
- legal issues
- supervisory skills
- leadership style assessment
- association instructor certification
- interpersonal communications
- recreation management
- outdoor skills

Blue Lake Centre believes in experiential learning; that is "learning by doing", which is the most effective path to understanding. Experiential learning may take the form of participation in an extended wilderness campout or it may simply involve working through quite, involved, classroom type exercises or structured experiences. As greater numbers of Albertans spend more time in recreation activities, it is our responsibility to ensure they have the opportunity to do so with competence and understanding. We also feel an obligation to adequately train those individuals who are seeking the qualifications to be the leaders of others.

Blue Lake Centre courses are intended for persons 18 years of age or over unless otherwise specified. Services of the Blue Lake Centre are intended for

professionals and volunteers involved in the delivery of recreation and sport services in Alberta. Examples of groups included within this focus are: recreation and sport volunteers, professional staff of provincial recreation associations, local clubs and recreation departments, sport and recreation instructors and coaches, teachers, and the general public with an interest in contributing newly acquired skills in their home communities. Although our total program includes courses from beginner to advanced skill levels, it is important that all participants are aware that courses will be conducted with LEADERSHIP DEVELOPMENT in mind. Program time will be allocated according to the level of understanding of people skills, self skills and program skills in all courses.



PROGRAM CATEGORIES

Blue Lake Centre conducts courses in two major program categories, namely:

- 1) regular course offerings and
- 2) special programs

The special programs can be further broken down into special projects and closed courses.

The regular course offerings are the foundation of the Centre's operation. The schedule of regular courses is established approximately six months prior to each season. It represents the most efficient use of the Centre's resources in an effort to hold as many training opportunities as possible to satisfy needs identified in the province.

Special Programs — Special Projects:

These are new and innovative leadership courses being run on a limited basis to smooth out the rough edges. They only receive mention on the chronological listing of courses for the season, but often appear in future course offerings either in the original or a modified form. Some examples of special projects are: a youth leadership seminar — a project in conjunction with the International Year of the Youth, a high school youth leadership program using the out-of-doors and a two day athletic team training camp using the out-of-doors.

Special Programs — Closed Courses:

Closed courses represent the end product of requests directed to the Centre by groups and individuals who want a tailor made training program. The Centre's program staff take the request and work with the group, provincial association or agency to develop an appropriate curriculum, and then conduct it at the Centre in an available time slot. Since the majority of the Centre's schedule is made six months in advance, it is important requests are received early to ensure that they can be honored.

Examples of closed courses include: survival training for missionary bush pilots, communication and leadership skills training for provincial youth associations, outdoor education programs for teachers coordinated with regional teachers associations and outdoor programs for fourth year University students.

If you would like to custom design a leadership program for your recreation group or if you are interested in visiting the Blue Lake Centre for a first hand orientation please contact the staff at (403) 865-4741 to make appropriate arrangements.



BLUE LAKE CENTRE LEADERSHIP DEVELOPMENT MODEL

A model is different than a theory. A model is a plan or pattern that can be used to design course content as well as serve as a guide to show how the content is presented to the learner. The schematic explains the Leadership Development model which currently forms the foundation of the Centre's programs.

The model is based on a fundamental definition of leadership which reads: Leadership is the ability of one person, or a group (two or more people), to facilitate the activities of an individual or a group in an effort to achieve a goal in a given situation.

Any Activity:

refers to the type of opportunity made available to people in order to learn the necessary skills. The activity is the name of the broad structure in which the process happens. The activities range from one on one and small group structures to large group structures. Some examples of activities are: clinics, workshops, courses, seminars, theory sessions, lectures, practical sessions, out trips, field trips, laboratory sessions, training camps, staff retreats, think tanks, and staff conferences.

A definition of each of the three skill areas is as follows:

Program Skills:

are those activities and pieces of information that an individual or a group must know to research, plan, organize, supervise, conduct, and evaluate recreation (including sport) programs. Very often there is an increase in the sophistication of these skills as one moves from volunteer and play leader level on up to the municipal recreation director level. Program skills can range from being a competent skier who is able to demonstrate a particular maneuver on up to being able to establish priorities in a community recreation setting.

People Skills:

refers to the knowledge and activities which individuals and groups must know to work effectively with others or groups. Skills can range from knowing how to be an effective group member in the work place, to knowing how to get maximum team performance from staff.

Self Skills:

are those personal characteristics and attributes, which every individual must understand to be an effective leader. What is most important is that the individual is aware of their characteristics and the pros and cons of those attributes in relation to their work situation.

The content of this leadership development model was outlined previously as program skills, people skills, and self skills.

The process which will enable an individual to acquire these skills is outlined in the diagram. For clarification purposes, the following definitions are given:

An Effective and Appropriate Methodology:

infers that there are many models for teaching people. In every workshop or clinic a method should be chosen that is appropriate to the group and the information to be presented. For example, if the self skill to be developed is self-assurance when speaking in front of an audience then participants should be given the opportunity to speak in front of people rather than sitting and listening to a lecture about the importance of self-assurance when public speaking. Methodologies are the instructor centered teaching methods.

Real-life Situations:

offers an opportunity for a workshop participant to practice the back home situation and try out the new skills acquired. The low threat level 'real-life' situation may be to sit down and work out an action plan before leaving the course. A high threat level activity might be to act out, in front of a group, how you are going to handle that difficult employee back at work. From such experiences, individuals learn that they have the power to control a situation — most importantly, the back home situation.

Structured Experiences:

are practical sessions in which learning is facilitated by a design. They are very specific, time tested and validated practice sessions that have participants use the people, program and/or self skills learned. They provide the opportunity for participants to venture out in a non-threatening environment and learn from successes and failures. Structured experiences can easily be adapted to the particular needs of the group, the aim of the training design or the special competencies of the course conductor. Each structured experience has a step-by-step procedure which indicates what the course conductor does and says and what the participants do in the appropriate sequence. This does not mean that participants are being manipulated; it simply means that the intended learning is facilitated by a design. For example, if the people skill being discussed is how to read body language, then a structured experience might be to do a behavioural description of individuals involved in a group discussion by completing a predesigned questionnaire.

LEADERSHIP DEVELOPMENT*

is



GENERAL INFORMATION

Amenities

- Superb location in the forested foothills of the Canadian Rockies; within one hour's drive of the best rock and ice climbing terrain as well as alpine rivers for higher level canoe/kayak courses.
- Two lakes — Blue and Cache — at our doorstep; they're ideal for flyfishing, lower level canoe/kayak courses, as well as skiing in the winter.
- Comfortable accommodation for up to 64 people in rustic, four-to-a-room cabins; separate ladies' and men's washrooms with indoor toilets, showers, saunas and drying rooms for wet clothes.
- Fine dining with home-cooked meals served cafeteria style.
- Meeting rooms, each with its own writing board, flip chart and movie screen.
- Jarvis, 9 m x 5 m, seats 15; Moberly, 5 m x 5 m, seats 10, and may be combined with Jarvis; Wildhay Hall, 14 m x 12 m, seats 60; Lounge, 6 m x 8 m, seats 12.
- 7 kms of running trails, set and groomed in winter for track skiing.
- Plug-ins for winter parking.
- Abundant forest for orienteering and environmental classes.
- Site 3 — a rustic, isolated meeting place with heated room, covered patio and bar-beque pit.
- Three vans and trailers to allow program flexibility.

- Modern audio-visual support equipment, including VHS video, 16mm film, 35mm slide, 8mm film, and overhead projectors.
- A comprehensive audio-visual and print resource library for instructors.
- Popular brand, well-maintained equipment available from the Cache.

Physical Fitness

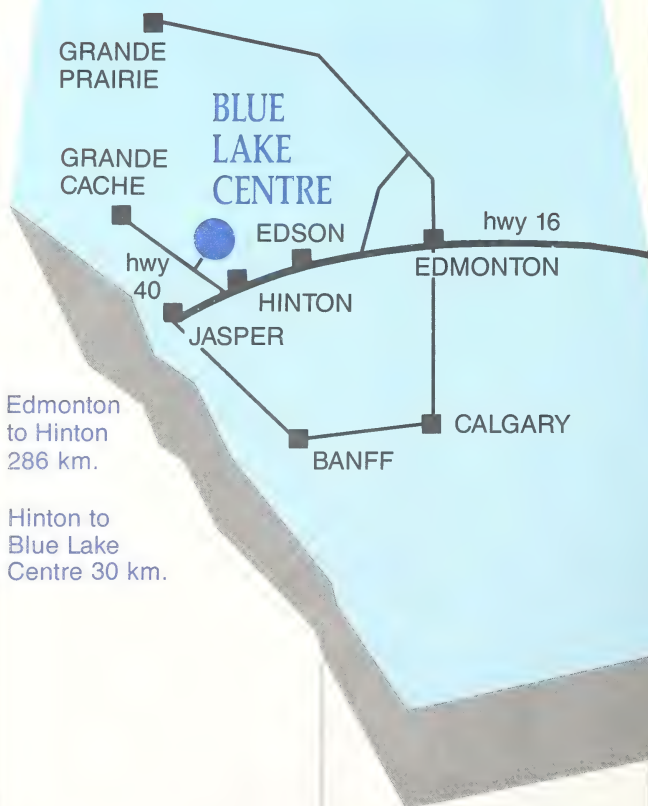
In physical activity courses, the higher the course level the higher the fitness level that is expected of students. Be kind to your body by consciously improving your endurance, co-ordination and flexibility. Also work on specific muscle groups related to the course you intend to take. For example, push-ups would prepare arms and shoulders for paddling; bent knee situps would help abdomen for kayaking; skipping, jogging and other aerobics are good for any prolonged, continuous activity such as skiing, paddling, climbing. Stair climbing tones legs for backpacking. Come in shape!

Leisure Time

Students are also welcome to bring musical instruments (at own risk) to enhance any free time.

Bedding

No bedding is provided by the Centre. Bring your own sleeping bag and pillow (if you use one) or appropriate bedding for use in cabins. There is no wake-up service, so your own alarm clock would be a benefit.



Regulations

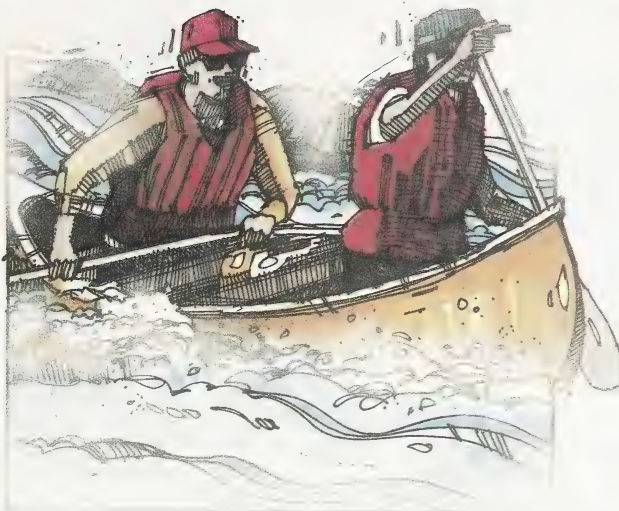
PETS AND LIQUOR ARE NOT PERMITTED ON THE SITE. Blue Lake Centre is located in William A. Switzer Provincial Park and all Provincial Park Regulations will be upheld. Health regulations require clean footwear to be worn in the dining hall.

Smoking

Smoking at the Blue Lake Centre is only permitted in designated areas.

Telephone

A public telephone is located inside the main entrance to Wildhay Hall. The Centre does not have a change machine.



Certification Fee

Courses which incorporate certification by a related outdoor recreation association may be subject to additional charges. These fees are paid directly to the association. The Centre will inform you in advance of any additional costs.

Liability

Blue Lake Centre, its staff and resource personnel are under no liability whatsoever regarding personal injury or loss or damage of valuables. We strongly recommend that you leave all unessential belongings at home.

Site Guide

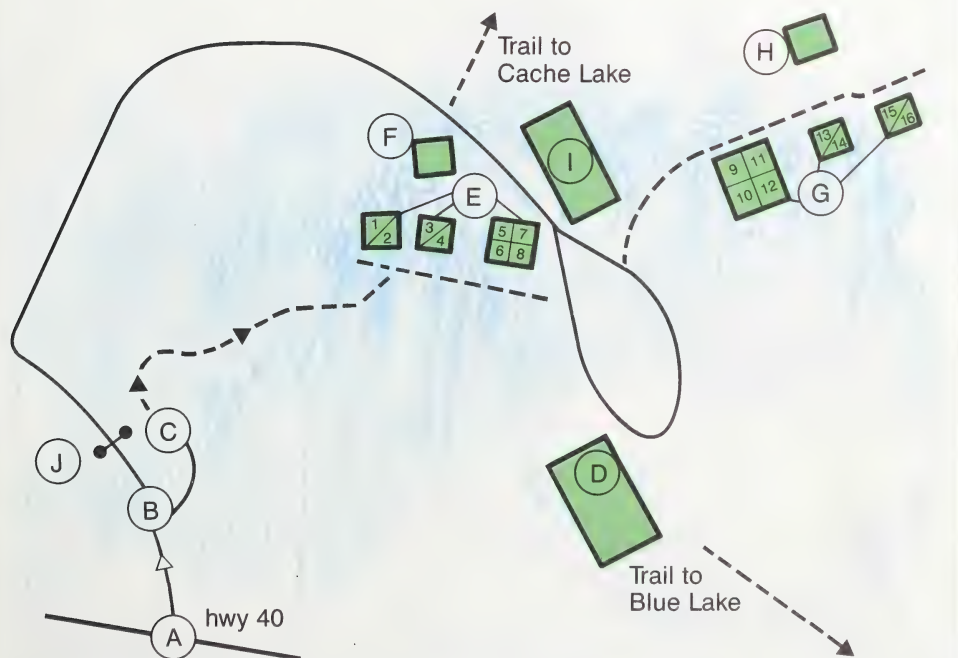
Upon arrival at the Centre, enter the parking lot located on the right of the road approximately 200 m from the entrance. From the parking lot, shoulder your gear and follow the lighted trail to the lodge and cabins, a distance of approximately 400 m. Once at the Lodge, enter and sign the forms located on a table just inside the lobby. Then proceed to your cabin; men's cabins to the left as you leave the Lodge, and women's cabins to the right past the Wildhay Hall.

Location

Blue Lake Centre is situated in the forested foothills of the Rocky Mountains 25 km north on Highway 40 to Grande Cache; or a total of 30 km from the town of Hinton.

Arrival/ Departure Times

Students must arrive at the centre between 7:00 p.m. and 11:00 p.m. on the evening prior to the course. Late evening arrivals should make every possible effort to avoid disturbing other participants. Course participants usually leave after supper on the last day of the course unless other instructions are given.



GROUP BOOKINGS

Are you looking for a training facility that is affordable, service oriented, located in a natural setting and available in the spring and fall of the year? Blue Lake Centre is all this and more.

The Centre is service oriented in that the full-time staff will make every effort to make your stay relaxing and enjoyable. Surrounded by 240 acres of provincial park land, the facility offers a relaxing atmosphere in a natural setting — with no need to worry about hunters in the fall of the year. While the Centre has its own schedule of programs throughout the year, the facilities are available for group bookings in non scheduled time periods.

The Blue Lake Centre facilities and services are intended for use by the recreation, sport and fitness professionals and volunteers within Alberta.

If you are looking for a flexible teaching situation, the facilities are there. The main room can accommodate 64 attendees and four quiet break-off rooms can accommodate a variety of group sizes from 12 to 20 persons. The main lecture theatre has a cement floor which is partially covered by carpet, allowing for flexibility in demonstrations.

As a result of years of planned purchasing, the Centre has acquired a host of A-V equipment, including VCR's. No need to drag sensitive electronics out to the country, simply phone ahead and reserve for your needs.

The Centre offers a quiet, natural and friendly learning environment, with few distractions. The isolation of the locale allows for long days of hard work. There is plenty of natural space for people to find a quiet spot to concentrate on the completion of complex tasks.

Blue Lake is that special place to hold your training event.

Current fees and charges available upon request.

For More Information

Blue Lake calendars, application forms and information on the Centre are available by contacting:

Blue Lake Centre
P.O. Box 850
Hinton, Alberta
T0E 1B0
Phone: 865-4741

Or call Blue Lake at no charge by dialing the Government of Alberta Rite No. in your area and ask for 132-0111.

Volunteer Leadership Development Section
Alberta Recreation and Parks
10405 Jasper Avenue
Edmonton, Alberta
T5J 3N4
Phone: 427-6562



Moisten and glue



PLEASE TYPE OR PRINT

BLUE LAKE CENTRE COURSE APPLICATION FORM

RECREATION AND PARKS

Recreation Development Division

Complete and return to:

BLUE LAKE CENTRE
BOX 850
HINTON, ALBERTA T0E 1B0

NAME 11 12 (Surname) 31

32 (First Name) 46 INITIAL 47

ADDRESS 48 (STREET NO., ETC.) 67

11 12 (City) 31

(Province) POSTAL CODE 35 40

Sex (M or F) Age (Check One) (1) 18-29 (2) 30-39 (3) 40-49 (4) 50-59 (5) 60 +

OCCUPATION PHONE (Daytime) 56 62

COURSE TITLE (One Course Choice Per Application Only)

COURSE NUMBER COURSE DATES

WAITING LIST (WILLING TO COME ON NOTICE OF ONE WEEK) YES ☐ NO ☐

HAVE YOU TAKEN RELATED COURSES AT THE CENTRE? YES ☐ NO ☐

CHARGE TO VISA ☐ MASTERCARD ☐ EXPIRY DATE

SIGNATURE OF CARD HOLDER

SPONSORING COMMUNITY OR ORGANIZATION

SIGNATURE OF SPONSORING OFFICIAL

I UNDERSTAND THAT:

- The signing of this form signifies willingness to comply with any regulations which the CENTRE may make
- In consideration of the Blue Lake Centre accepting me as a participant in the course referred to in this application I hereby:
 - undertake to acquaint myself with and strictly observe any regulation at the Centre for the conduct of courses and the administration of the Centre.
 - declare that I am physically fit to participate in the course referred to in this application, and
 - waive any right that I may have now or in the future against Her Majesty the Queen in right of the Province of Alberta, its employees and agents and hold them harmless from any expense, loss, claim, action or judgement therefor, subrogation action or other charge or damage whatsoever, in the event of my sustaining any bodily injury or property damage as a result of my participation in the course.

DATE 19 SIGNATURE

THE BLUE LAKE CENTRE WILL CONFIRM YOUR POSITION ON THE REQUESTED COURSE.

1 2 3 4 5

6 7 8 9 10

FOR
OFFICE
USE
ONLY

32 34

41 46

47 51

53 54 55

11

12 14

15 21

22 23 24

25 31

32 38

39 44

45 51

52

Moisten and glue

FOR OFFICE USE ONLY

RECEIPT NO. FEE PAID \$ PAID BY

DATE DATE OF SUSPENSE

BOOKED ON COURSE REFUND REQUISITION ACCOUNT

Blue Lake Centre
Box 850
Hinton, Alberta
Canada T0E 1B0



Fold

COMPLETE THE DETAILS AS REQUESTED ON THIS ENVELOPE
IF DATES NOT AVAILABLE IT WILL BE RETURNED UNOPENED

Make cheque or money order payable to:
"Provincial Treasurer of Alberta"
DO NOT SEND CASH

Additional application forms can be obtained at
Regional Recreation Offices

I REQUEST COURSE NUMBER _____ SCHEDULED ON _____ No. of Applications Enclosed _____
(One course choice per envelope)

NAME (print) _____ M _____ F _____

ADDRESS _____

Please indicate male or female. If more than one application,
please indicate number of males and females.
ex. 2 males, 1 female

CITY _____ PROVINCE _____

POSTAL CODE _____

SPONSORING COMMUNITY OR ORGANIZATION _____

ARE YOU WILLING TO BE PLACED ON A WAITING LIST? _____
yes no

SIGNATURE OF SPONSORING OFFICIAL _____

TITLE _____

Fold

BLUE LAKE CENTRE

Recreation Leadership Programs

NLC - B.N.C.



3 3286 07770176 7